

# 9th International Symposium of Ayurveda and Health

## THE GRAY ZONE: LONGEVITY AND WELLNESS

SEPTEMBER 28-29, 2018

KELLER AUDITORIUM AND ARB EG013  
UConn Health, School of Medicine  
FARMINGTON, CT



### Continued Medical Education

The University of Connecticut School of Medicine

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Please see details for claiming

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## Symposium Chair and Course Director

**Amala Guha, PhD, MPH, MS**

UConn Health, School of Medicine and ISAH, CT

## Co-Chair

**Anthony T. Vella, PhD**

UConn Health, School of Medicine, CT

## Organizing Committee

**Amala Guha, PhD, MPH**

UConn Health and ISAH, CT

**Mary E. Dansinghani, M.Div**

CMC, Yale New Haven, CT

**Vatsala Kucharski, Psy.D**

Department of Mental Health and Addiction Services, Middletown, CT

**Abhimanyu Kumar, MD, PhD**

Vice Chancellor, UA University, India

**Kalyani Raghavan, MD**

Connecticut Children's Medical Center, CT

**Lakshmi Nair, PhD, MPhil**

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**Stefan Brocke, MD, PhD**

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**Robert Cone, PhD**

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**Kamini Dhiman, MD, PhD**

All India Institute of Ayurveda, New Delhi, India

**Upendra Hegde, MD**

UConn Health, CT

**Jayesh Kamath MD, PhD**

UConn Health, CT

**Abhimanyu Kumar, MD, PhD**

Vice Chancellor, Uttarakhand Ayurvedic University, India

**Lakshmi Nair, MPhil, PhD**

UConn Health, CT



## Directions to UConn Health:

Take I-84 to Exit 39.

Turn right onto Route 4 East (Farmington Avenue).

Drive about 1 1/2 miles.

## Locations:

### For Keller Auditorium:

From our main entrance at 263 Farmington Avenue, proceed to the roundabout and take the second exit, following signs for the hospital. At the first stop sign, stay to your left and continue up the hill to our Upper Campus. At the third stop sign, go straight to the main building.

### For Conference Room EG013:

From our main entrance at 263 Farmington Avenue, proceed to the roundabout and take the second exit, following signs to the Academic Entrance. At the stop sign, turn left into the Academic Entrance, use A2 parking lot at your right with unrestricted parking on Saturday and Sundays. Park at the end of the parking lot and take the stairs, enter through the glass doors and turn right, EG013 will be first door at right.

## University of Connecticut School of Medicine Continuing Medical Education

## Why You Should Attend

Patients increasingly are using CAM/Ayurveda interventions for good health or to treat specific conditions. Ask questions or vocabulary that is not used in conventional medicine. Practitioners lack the basic expertise and knowledge to answer pertinent questions or discuss outcomes.

To meet this growing need, this course will provide you with essential information on:

- Practical strategies for incorporating information into your clinical practice
- A prospective of lifestyle and diet to prevent illness or manage conditions
- Strategies to incorporate *Prakriti* based evaluation of conditions
- Tools to evaluate the latest research findings
- Social and cultural aspects of lifestyle and health and how to address them

**Sudipt Rath, MD, PhD**  
National Institute of Ayurveda  
Jaipur, India

**Anthony Vella, PhD**  
UConn Health, CT

## Auxiliary and Cultural

**Vera Dynder**  
**James Fomenko**  
**Monica Karekar**



**For questions/information  
or registration, email  
aguha1@att.net.**

The overall objective of the symposium is to help improve clinical outcomes and increase patient satisfaction.

### What You Will Learn

*Upon conclusion of this course, you will be able to:*

1. Describe basic differences between Ayurvedic and conventional approach to optimal health and medical practices
2. Recognize importance of *prakriti* (constitution) and related risks factors
3. Evaluate behavioral and cultural aspects of lifestyle and its implications on health and patient care
4. Analyze current controversies and state of the science regarding some of the CAM interventions
5. Describe emerging practices of herbal use through an analysis of the existing scientific evidence
6. Recognize science based evidence and its implication in clinical practices and immunological perspectives

### Educational Format

The symposium format includes lectures with question-and-answer periods, case presentations, experiential formats. There are two types of sessions: (1) Those that address the health and disease, incorporating selected condition, risk factors and therapeutic approach (2) Scientific, evidence based information for integrated medicine.

### Practice Gap and Needs Assessment

There is a growing interest in CAM related health perspective in public and patients, physicians and other health professionals are rarely educated in this area. They are often unaware of the latest scientific findings on diet and health and use of herbs in CAM practices and are therefore poorly prepared to advise their patients about designing or incorporating CAM modalities for optimal wellbeing or for management of disease.

This conference will provide an overview of the latest information on Ayurvedic approach to health including practical strategies for incorporating evidence based modalities into clinical practice, using practices to prevent illness, recommendations for management of specific conditions and tools to evaluate the latest related research findings. The conference is designed for physicians, psychologists, nursing, pharmacists, and other professionals making CAM recommendations or integrate CAM as part of their professional and personal practice.

The topics and program for this conference were developed by the planning/organizing committee based on feedback from participants in the 2013-2016 ISAH symposiums and health conferences, data collected from health care practitioners who have taken CAM workshops at UConn Health and documentation of Increased demand for CAM education for health care professionals, as clearly demonstrated by the overwhelming success of the previous symposiums.

### Continuing Medical Education Credits: Claiming CME Credit(s)

**Accreditation:** The University of Connecticut School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Connecticut School of Medicine, Office of Community and Continuing Medical Education, designates this live activity for a maximum of 9.75 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Evaluations

Participants are required to complete an evaluation in order to obtain CME Credits. This CME activity uses a paper evaluation form. Please complete the paper evaluation form, which will be available at the end of this CME activity, and return it to the registration table.

### Conflict of Interest

Neither the activity director, planning committee members, nor the speakers, have a financial interest/arrangement or affiliation with any organizations that could be perceived as a real or apparent conflict of interest in the context of the subject of their presentation.



# THE GRAY ZONE: LONGEVITY AND WELLNESS

Friday, September 28, 2018  
Keller Auditorium Lobby

9-11 a.m. Open Registration

9 a.m.-2 p.m. **WALK THE LABYRINTH MEDITATION (Experiential)**  
**Mary E. Dansinghani, MDiv**  
Connecticut Mental Health Center  
Yale University School of Medicine

Keller Auditorium

Chair: Stefan Brocke, MD

4 p.m. **OPENING CHANTS**

**WELCOME ADDRESS**  
**Anthony Vella, PhD**  
Chair, Department of Immunology

**OPENING REMARKS**  
**Bruce Lian, MD**  
Dean, School of Medicine

**Candle Lighting**

4:30-5:30 p.m. **CAN YOU SEE ME?**

Memoir by  
**Annita P. Sawyer, PhD**  
Yale School of Medicine, New Haven, CT

5:30-6:30 p.m. **Kathak by Priya Bhat**

Varanat Chavi  
“a prayer dance”

Music by Atul Desai

Choreographed by Rachna Agrawal  
Sumbhaav School of Kathak Dance



**Dinner on Your Own**

Saturday, September 29  
Conference Room: EG013

8 a.m. Breakfast

Open Registration 8-9 a.m.

Morning Educational and Scientific Sessions  
Conference Room EG013

Chair: Lakshmi Nair, PhD, MPhil  
Co Chair: Sudipta Rath, MD, PhD

Time	Speaker	Title
8:30 a.m.	Amala Guha, MS, PhD, MPH	NAVIGATING THE GREY ZONE: A ROAD TO OBLIVION
9 a.m.	Sudipt Rath, MD, PhD	AYURVEDIC HERBS FOR PREVENTION AND MANAGEMENT OF AGE-ASSOCIATED COGNITIVE DECLINE
10 a.m.	Theresa Meotti (School of Medicine 4th Year Student)	MINDFULNESS BASED STRESS REDUCTION: DOES A CRASH COURSE WORK FOR MEDICAL STUDENTS?
10:35 a.m.	Tea Break	Tea Break
10:45 a.m.	Mary Dansinghani, MDiv	APPLICATION OF MANDALAS IN MENTAL HEALTH: A CASE STUDY
11:15 a.m.	Shivani Ghildiyal MD, PhD	CONCEPT OF JARA (AGING) IN AYURVEDA AND PROSPECTS OF RASAYAN THERAPY
11:45 a.m.	Kalyani Raghavan, MD	YOGATHERAPY FOR ACUTE AND CHRONIC PAIN MANAGEMENT
12:15 p.m.	Joseph Walker III, MD	KRIYA BREATHING AS COMPLEMENTARY TREATMENT FOR PTSD IN MILITARY VETERANS: A CASE SERIES

**Afternoon Educational and Scientific Sessions**  
**Conference Room EG013**

**Chairs: Ruchir Trivedi, MD,MRCP**  
**Co-chair: Abhimanyu Kumar, MD, PhD**

Time	Speaker	Title
2 p.m.	Ruchir Trivedi, MD, MRCP	DRINK EIGHT GLASSES OF WATER
2:45 p.m.	Robert E Cone, PhD	T AND SYMPATHY: BILATERAL NEURO-IMMUNE INTERACTIONS THAT INFLUENCE WELLNESS AND/OR DISEASE
3:30 p.m.	Upendra Hegde, MD	CLINIAL RELEVANCE OF AYURVEDA IN THE NEW ERA OF CANCER TREATMENT
4:15 p.m.	<b>Tea Break</b>	<b>Tea Break</b>
4:30 p.m.	Stefan Brocke, MD	NATURAL AND SYNTHETIC COMPOUNDS AND cAMP SIGNALLING IN IMMUNE REGULATION
5:15 p.m.	Lakshmi Nair, PhD, MPhil	INJECTABLE HYDROGELS FOR BIOMEDICAL APPLICATIONS
6 p.m.	Amit K Sharma, MD, PhD	CONTROLLED RANDOMIZED CLINICAL EVALUATION OF HERBAL FORMULATION, ‘Cap. Cardicap” AND <i>LEKHANA BASTI</i> IN THE MANAGEMENT OF DYSLIPIDEMIA W.S.F. CORONARY HEART DISEASE ( <i>HRIDROGA</i> )
6:30 Closing Chants		
Closing Remarks		

## WALK THE LABYRINTH MEDITATION (EXPERIENTIAL)

**Mary E. Dansinghani, MDiv**

Yale School of Medicine, New Haven, CT

Learning Objective Participants will be able to

1. Experience Guided meditation.
2. Describe their experience.
3. Recommend practices.

## CAN YOU SEE ME?

**Annita P. Sawyer, PhD**

Yale School of Medicine, New Haven, CT

Learning Objectives: to be able to

1. Identify constructive and destructive consequences associated with diagnosis of severe mental illness.
2. Identify psychological symptoms as styles of problem solving rather than pathology.
3. Describe the process of authentic connection as it relates to being seen.

## NAVIGATING THE GREY ZONE: A ROAD TO OBLIVION

**Amala Guha, PhD, MPH, MS**

UConn School of Medicine and ISAH

Learning Objects: To be able to

1. Characterize Ayurvedic concept of life.
2. Recognize an idyllic effectual approach to wellness.

## AYURVEDIC HERBS FOR PREVENTION AND MANAGEMENT OF AGE-ASSOCIATED COGNITIVE DECLINE

**Sudipta K. Rath, MD, PhD**

Department of Dravyaguna (Materia Medica and Pharmacology), National Institute of Ayurveda, Jaipur, India

Learning Objectives: be able to

1. Relate to Ayurvedic approach to aging and management of cognitive decline.
2. Relate to Application of Rasayana in aging.
3. Guidelines for selecting herbs.

## MINDFULNESS BASED STRESS REDUCTION: DOES A CRASH COURSE WORK FOR MEDICAL STUDENTS?

**Theresa Meotti, Daniel Rappoport, Mary P. Guerrera MD**

UConn School of Medicine, UConn Health, Farmington, CT

Learning Objectives: be able to

1. Recognize variety of mindfulness techniques available for students to learn.
2. Relate to if a condensed MBSR course is effective in lowering self-perceived levels of stress in medical students.
3. Relate to the sustainability of condensed MBSR curricula for improving student wellbeing during medical school training.

## CONCEPT OF JARA (AGING) IN AYURVEDA AND PROSPECTS OF RASAYAN THERAPY

**Shivani Ghildiyal, MD, PhD**

Department of Dravyaguna, All India Institute of Ayurveda, New Delhi, India

Learning Objectives: To be able to

1. Cite how Ayurveda defines old age.
2. Reproduce application of selected herbs in delaying or management of old age.
3. Relate to life style and its role in healthy aging.

## APPLICATION OF MANDALAS IN MENTAL HEALTH: A CASE STUDY

**Mary Dansinghani, MDiv, CMC**

Yale School of Medicine, New Haven, CT

Learning Objectives: To be able to

1. Relate to the basic techniques of Mandala Meditation.
2. Describe application of the mandalas in clinical practice.

## MANAGEMENT OF MENOPAUSE ACCORDING TO DOSHIC PREDOMINANCE

**Kamini K. Dhiman MD, PhD\*; Dipika M Gupta\*\*; Shravan K Kamble\*\***

\* All India Institute of Ayurveda, Gautam Puri, Sarita Vihar, New Delhi, India, \*\* IPGTRA, Jamnagar, Gujarat, India 361008

Learning Objectives: To be able

1. To classify Menopausal symptoms as per the *doshic* principles of Ayurveda.
2. To evaluate the efficacy of Ayurvedic drugs and procedures on vata predominant symptoms.
3. To evaluate the efficacy of Ayurvedic drugs and procedures on Pitta predominant symptoms.

## YOGATHERAPY FOR ACUTE AND CHRONIC PAIN MANAGEMENT

**Kalyani Raghavan, MD**

Connecticut Children's Medical Center, Hartford, CT

Learning Objectives: To be able to

1. Describe that Yoga is a holistic modality and why it is important to know and practice all eight aspects of Yoga.
2. Illustrate various medical conditions in which pain can be alleviated by Yoga therapy.
3. Demonstrate how Yoga therapy can be incorporated in their practice.

## **KRIYA BREATHING AS COMPLEMENTARY TREATMENT FOR PTSD IN MILITARY VETERANS: A CASE SERIES**

**Joseph Walker III, MD, Denise Richardson, and Deborah Pacik, MS**

UConn School of Medicine, Farmington, CT

Learning Objectives: To be able to

1. Identify current available treatments both traditional Western based and complementary for PTSD.
2. Describe proposed physiological mechanisms of Kaiya breathing and how it can aid in the treatment of PTSD.
3. Compare previous studies looking at Kaiya Yogic breathing and various mental health diagnoses.

## **DRINK EIGHT GLASSES OF WATER**

**Ruchir Trivedi MD, MRCP(UK)**

Division of Nephrology, UConn Health, Farmington, CT

Learning Objectives: To be able to

1. Predict dangers of hypertonicity and volume depletion (are not up for debate).
2. Relate to strenuous exercise and dry hot climate requires increased water intake.
3. Describe where did 8\*8 recommendations come from?

## **T AND SYMPATHY: BILATERAL NEURO-IMMUNE INTERACTIONS THAT INFLUENCE WELLNESS AND/OR DISEASE**

**ROBERT E. CONE, PhD**

Professor Emeritus

Department of Immunology, UConn Health, Farmington, CT

Learning Objectives: To be able to

1. Relate to physical, biochemical and functional communication between cells and structures of the Immune and Nervous Systems.
2. Describe how an immune response may affect behavior.
3. Discuss how pain, stress and aging may affect immunity.
4. Interpret how Vedic philosophy affects immunity and thereby wellness from disease.

## **CLINICAL RELEVANCE OF AYURVEDA IN THE NEW ERA OF CANCER TREATMENT**

**Upendra P. Hegde, MD**

Department of Medicine, Neag Comprehensive Cancer Center, UConn School of Medicine, Farmington, CT

Learning Objectives: To be able to

1. Briefly discuss cancer treatment in the present era and describe some of the limitations.
2. Discuss the effects of the environmental factors, diet, lifestyles and personal choices on cancer.
3. Explore areas of overlap between Ayurveda and modern medicine.
4. Foster meaningful collaborations between basic scientists and clinicians and explore ways to improve cancer patient outcomes using both.

## **NATURAL AND SYNTHETIC COMPOUNDS AND cAMP SIGNALLING IN IMMUNE REGULATION**

**Stefan Brocke, MD**

Department of Immunology, UConn School of Medicine, Farmington, CT

Learning Objectives: To be able to

1. Identify the basic cellular and molecular elements involved in cAMP signaling in T lymphocytes.
2. Describe the natural and synthetic compounds interacting with the cAMP signaling pathway.
3. Diagram the role of the element of the cAMP signaling pathway in immune functions, including inflammation and tolerance .

## **INJECTABLE HYDROGELS FOR BIOMEDICAL APPLICATIONS**

**Lakshmi Nair, PhD, MPhil**

Department of Orthopedic Surgery, UConn Health, Farmington, CT

Department of Material Science & Engineering and Biomedical Engineering, UConn, Storrs, CT

Learning Objectives: To be able to

1. Relate to emerging regenerative therapeutic strategies.

## **CONTROLLED RANDOMIZED CLINICAL EVALUATION OF HERBAL FORMULATION, ‘Cap. Cardicap” AND LEKHANA BASTI IN THE MANAGEMENT OF DYSLIPIDEMIA W.S.F. CORONARY HEART DISEASE (HRIDROGA)**

**Amit Kumar Sharma, MD, PhD\*; Divya Sharma, MD\*; \*R.K.Joshi, MD; Shashi Mohan Sharma\*\*; Ajay K. Sharma\***

\* Department of *Kayachikitsa*, National Institute of Ayurveda, \*\* Department of Cardiology, S.M.S. Hospital, Jaipur, India

Learning Objective: To be able to

1. Recite the importance of dietary management in cardiac disorders.
2. Determine contribution of lifestyle modification in Ayurvedic preventive cardiology.

Conflict of Interest: Neither the activity director, planning committee members, nor the speakers, have a financial interest/ arrangement or affiliation with any organizations that could be perceived as a real or apparent conflict of interest in the context of the subject of their presentation.



### **Stefan Brocke, MD**

**Associate Professor of Immunology**  
**UConn Health, Farmington, CT**

Dr. Brocke received his MD degree at the Free University of Berlin, Germany. He trained at the Weizmann Institute of Science, Israel and received his Doctorate in Immunology at the Free University of Berlin School of Medicine. Dr. Brocke performed internships and residency in Medical Microbiology at the Free University of Berlin followed by a postdoctoral fellowship and research associate position at Stanford University Medical Center under Dr. Lawrence Steinman. After spending time as a visiting scientist at the National Institutes of Health in Bethesda, MD, Dr. Brocke was appointed lecturer and senior lecturer at the Department of Pathology of the Hebrew University-Hadassah Medical School in Jerusalem, Israel, before joining the faculty in the Departments of Pharmacology and Immunology at the University of Connecticut Health Center. At the University of Connecticut Health Center Dr. Brocke was the Director of the Pharmacology Graduate Program. His present research interests are focused on the molecular basis of cAMP signaling in immune cells, lymphocyte adhesion and migration.

### **Robert E. Cone, PhD**

**Professor Emeritus, Department of Immunology**  
**UConn Health, Farmington, CT**

Dr. Cone received his PhD in Microbiology from the University of Michigan, Ann Arbor, Michigan. He then trained at the Walter and Eliza Hall Institute for Immunology, Melbourne, Australia where he studied with Professor GJV Nossal and Dr. John Marchalonis. At the Hall Institute he participated in the development of enzyme-catalyzed radiolabeling of the cell membranes of living cells, and the characterization of lymphocyte membrane proteins. He then trained at the Basel Institute for Immunology in Basel, Switzerland. Dr. Cone was a faculty member in the Departments of Surgery and Pathology at Yale University. At Yale University he was the Director of the Histocompatibility Testing and Membrane Marker laboratory before joining the faculty in the Department of Pathology and then Immunology at UConn Health. At the UConn Health, Dr. Cone was the Director of the Immunology Graduate Program. Dr. Cone is one of the Commissioners of the State of Connecticut Commission on Medico-Legal Investigation and is a recipient of the State of Connecticut Public Service Award. His present research interests are focused on the cellular basis of ocular immune regulation

### **Mary E. Dansinghani, MDiv**

**Chaplain/Coordinator of Spiritual Services**  
**Connecticut Mental Health Center**  
**Department of Psychiatry**

**Yale University School of Medicine, New Haven, CT**

Mary Dansinghani is a graduate of Yale Divinity School. She received her MA from Indiana University and BA, MAT from the University of New Hampshire. She finished her Clinical Pastoral Educational Residency at Yale New Haven Hospital and received her Ayurvedic Mental and Spiritual Health Certificate from the National Institute of Ayurveda, Jaipur, India in collaboration with the International Society for Ayurveda and Health (ISAH) in 2008. She is committed to Ayurvedic practice of holistic approach to spirituality and healing as promoted through ISAH. Her interest is to develop Mandalas, Ayurvedic Guided Imagery, to promote relaxation to mental illness to promote relaxation and balancing the energies. She is a board member - Interfaith Volunteers Care Givers of Greater New Haven (IVCG), Hamden, CT and Professional Consultation Committee (PCC) for Department of Religious Ministry, Yale New Haven Hospital and member of the International Society for Ayurveda and Health.

### **Kamini Dhiman, MD, PhD**

**Associate Professor**  
**Department of Stri Roga and Prasuti Tantra (Women's Health and OB/GYN)**  
**All India Institute of Ayurveda, New Delhi, India**

Dr. Kamini Dhiman's expertise includes treating patients of uterine fibroids, ovarian cyst and infertility with Ayurvedic treatment modalities. She is in-charge of Infertility Clinic at All India Institute of Ayurveda, New Delhi. Dr. Dhiman is a Nodal officer of AIIA for TELE ECHO program. Her research interests include dysmenorrhea, infertility, ovarian cyst, PCOD, antenatal care, congenital and genetic disorders, menopause, prakriti and healthy progeny. She is a member of editorial board of JAHM, JBSO, ELEMENTS: Ayurveda and Health and serves on the advisory board of International Journal of Multidisciplinary Health Sciences.

### **Shiwani Ghildiyal, MD, PhD**

**Assistant Professor**  
**Department of Dravya Guna (Pharmacology)**  
**All India Institute of Ayurveda, New Delhi, India**

Dr. Ghildiyal received her MD and PhD from Department of Dravyaguna, Institute of Medical Sciences, Banaras Hindu University, Varanasi, India and diploma in Yoga from BHU. She specializes in pharmacognostic studies of classical Ayurvedic drugs, qualitative and quantitative estimation of phytocostituents. Her research interests include natural products, molecular pharmacology and drug development (pre-clinical and clinical study, and appropriate use of Ayurvedic medicines.

### **Amala Guha, PhD, MPH, MS**

**Department of Immunology**

**Complementary and Alternative Supportive Care (CASC)**

**UConn School of Medicine, Farmington, CT**

**casc.uchc.edu, www.ayurvedahealth.org**

Dr. Amala Guha is the Founding Director of Complementary and Alternative Supportive Care (CASC), University of Connecticut School of Medicine, CT. She is the founding president of the International Society for Ayurveda and Health (ISAH) and the editor-in-chief of the journal ELEMENTS. Dr. Guha received her Doctoral Degree in Immunology from University of Allahabad, India in collaboration with the University of Connecticut School of Medicine followed by the fellowship in Hematology/Oncology, supported by the prestigious NIH training Grant. She received her graduate degree in Public Health from Connecticut School of Medicine and her training in Ayurveda from Ayurvedic Medical College, Bombay and from University of Puna, Pune, India. Dr. Guha's advance training in bone marrow transplant, cancer Immunology, public health and Ayurvedic Medicine brings a unique blend of expertise in the field of integrative medicine. She teaches Ayurveda at the University of Connecticut School of Medicine and leads the Ayurvedic Training Programs sponsored by the University of Connecticut School of Medicine and International Society for Ayurveda and Health (ISAH) and collaborates with the national Institute of Ayurveda, Jaipur, India and All India Institute of Ayurveda, New Delhi, India. Dr. Guha had served on the review board of Complementary Alternative Medicine at the NCCAM/NIH. Dr. Guha is a fellow of the Leukemia Society of America.

### **Upendra P. Hegde, MD**

**Associate Professor, Department of Medicine**

**Chief Medical Oncologist, Melanoma and Cutaneous Oncology; and Head and Neck Cancer/Oral Oncology**

**UConn School of Medicine, Farmington, CT**

Dr. Hegde received his medical degree from the Goa Medical College in Goa, India. He completed post graduate training in internal medicine at Goa Medical College (Bombay University) and did his clinical fellowship training in medical oncology at Tata Memorial Hospital in Bombay. He worked closely with basic researchers and studied the clinical relevance of multi-drug resistance in acute myelogenous leukemia. In 1992, he received a research scholarship from Rush Presbyterian St. Luke's Medical Center in Chicago, Illinois, to study leukemia at the cellular and molecular biologic levels, which he completed in 1995 under the mentorship of Harvey D. Presser, M.D. Dr. Hegde completed his residency in internal medicine at the Cook County Hospital in Chicago, Illinois, and received his fellowship training in hematology and oncology in the medicine branch of the National Cancer Institute at the National Institutes of Health in Bethesda, Maryland.

### **Jayesh R. Kamath, MD, PhD**

**Professor of Psychiatry and Immunology**

**Director of the Mood and Anxiety Disorders Program**

**UConn Health, Farmington, CT**

Dr. Kamath's major research interests include investigation of the interactions between the psycho-neuro-endocrine-immunological systems and basic/clinical aspects of psychopharmacological management of psychiatric disorders. He is currently involved in clinical trials with established and investigational medications for the treatment of mood, anxiety and other psychiatric disorders at UConn Health. He serves on the Pharmacy & Therapeutic (P&T) Committee, Cancer Committee, and Residency Training Committee at UConn Health and leads the Cancer Supportive Care program at the Neag Comprehensive Cancer Center. He is also a member of the Cancer Supportive Care Editorial Board at the National Cancer Institute (NCI). Dr. Kamath teaches psychiatry residency courses; supervises medical students and residents in the outpatient clinic.

### **Vatsala Kucharski, PsyD**

**Department of Mental Health and Addiction Services**

**Middletown, CT**

**ISAH**

Dr. Kucharski has received her BA from Trinity College, Hartford, CT and her doctoral degree in clinical psychology from University of Hartford, CT. She serves on the board of the International Society for Ayurveda and Health. Dr. Kucharski's interest involves Ayurvedic interventions in mental health and herbal rasayanas and mental health.

### **Abhimanyu Kumar, MD, PhD, MS**

**Vice Chancellor**

**Uttarakhand Ayurveda University, Dehradun, India**

As a director of the institute Dr. Kumar oversees both clinical and research side of the institution. Dr. Kumar specializes in Ayurvedic pediatrics and psychology. He is a former Head Department of Bal Roga (pediatrics), National Institute of Ayurveda. Dr. Kumar has served as Director General of Central Council for Research in Ayurvedic Sciences, New Delhi, Ministry of AYUSH, Govt. of India. He was nominated by Department of AYUSH, Government of India, as National Coordinator for Clinical Documentation in National Institutes under Department of AYUSH and was a member of the steering committee constituted by the Planning Commission 11th Five Year Plan and 12th Five Year Plan, Department of AYUSH, Ministry of Health and Family Welfare, Government of India. He was a visiting professor, Department of Neurology, Scott and White Hospital, School of Medicine, Texas A&M University. Dr. Kumar was an invited speaker, Embassy of India, Berlin (Germany), Hungary, China, and Brazil. He serves as an academic expert for developing curriculum for postgraduate course in Ayurveda, University of Debrecen, Hungary. His research interest includes immunological aspects of Ayurvedic medicine. He has authored five books and published 145 research papers in various scientific national and international journals.

### **Theresa Meotti, (SOM4)**

**4th Year Medical Student**

**UConn School of Medicine, Farmington, CT**

Theresa was born and raised in Old Saybrook, CT. She attended college at the University of Connecticut where she studied biological sciences and Spanish and graduated Magna Cum Laude. She studies medicine at the University of Connecticut and is planning a career in Family Medicine. Her interests outside of medicine include power yoga, skiing, traveling, and spending time with family and friends.

### **Lakshmi S. Nair, PhD, MPhil**

**Associate Professor, Department of Orthopedic Surgery**

**UConn Health, Farmington, CT**

**Department of Material Science & Engineering and Biomedical Engineering,**

**UConn, Storrs, CT**

A significant part of Dr. Nair's research is committed to developing injectable and biomimetic biomaterials and identifying bioactive molecules that could accelerate tissue regeneration. She has more than 80 peer review publications and edited several books in the area of biomaterials and orthopedic regenerative engineering. She also serves as the managing editor of a new journal "Regenerative Engineering and Translational Medicine" and on the review board of ELEMENTS, The official journal of The International Society of Ayurveda and Health.

### **Annita Perez, PhD**

**Clinical Faculty, Yale Medical School**

**New Haven, CT**

Dr. Sawyer is the author of the memoir *Smoking Cigarettes, Eating Glass*, winner of the 2013 Santa Fe Writers Project Literary Awards Program Nonfiction Grand Prize. A psychologist in practice for over thirty years, she is a member of the clinical faculty at Yale Medical School. Her work has appeared in both professional and literary journals, where her essays have won prizes and twice been included among the Notables in the Best American Essays.

Using herself as a case study, Dr. Perez speaks to clinical audiences around the country. Her talks, essays, and stories illuminate lifetime consequences of childhood trauma, harmful effects of fads in psychiatric diagnosis and treatment, the enduring impact of stigma and shame, and the power of human connection to heal.

### **Kalyani Raghavan, MD**

**Assistant Medical director of Sedation Services**

**Connecticut Children's Medical Center, Hartford, CT**

Dr. Raghavan has received her MBBS, Maharaja Sayajirao University and Government Medical College, and MD from Maharaja Sayajirao University and Government Medical College, India. She completed a pediatric residency at the Children's Hospital of Michigan and served as Medical Director of Sedation Service for the Division of Pediatric Emergency Medicine. As an Assistant Medical Director of Sedation Services, Dr. Raghavan's primary focus is on procedural sedation and pain management. Her special areas of interest include integrative medicine with a focus on yoga therapy.

### **Sudipta K Rath, MD, PhD**

**Assistant Professor**

**Department of Medical Dravyaguna (Materia Medica and Pharmacology)**

**National Institute of Ayurveda, Jaipur, India**

He graduated from Puri Medical School in Ayurvedic Medicine and Surgery (BAMS), Puri, India. He received his MD and PhD degree in Dravyaguna (Ayurvedic Materia Medica and Pharmacology) from National Institute of Ayurveda, Jaipur, India. Dr. Rath worked with medicinal plants for seven years in the R&D industry and subsequently joined NIA as a faculty. His core area of interest is Fundamental Principles of Ayurvedic Medicine, Rational and Scientific use of Ayurvedic herbs, Research Methodology of Ayurvedic Herbs, Strategic Global Placement of Ayurveda and Sustainable Management of Medicinal Plants Resource. He has published more than 65 research papers and reviewed articles in scientific journals.

### **Lt. Amit Kumar Sharma, MD, PhD**

**Department of Kayachikitsa (General and Internal Medicine)**

**National Institute of Ayurveda, Jaipur, India**

Lt. (Dr.) Sharma has attained his PhD and MD (*Kayachikitsa* – Internal Medicine) from the prestigious National Institute of Ayurveda, Jaipur. He graduated in Ayurveda from Banaras Hindu University, Varanasi. Lt.(Dr.) Sharma also completed Diploma in Yoga (2007) from BHU and Diploma in Health & Nutrition (2009) from VMOU, Kota, Rajasthan. He is the managing director of Bhagwati Ayurveda and Panchakarma Research Centre and the Hospital.

### **Ruchir Trivedi, MD, MMedSci, MRCP(UK)**

**Assistant Professor of Medicine and Acting Division Chief of Nephrology  
University of Connecticut School of Medicine  
Farmington CT**

Dr. Trivedi's subspecialty nephrology training spans across Atlantic both in United Kingdom and in USA. He is involved in education across training spectrum from medical students to residents, nephrology fellows, APRN and other allied health professionals. He has authored publications and reviews in high impact journals. His research interest includes dialysis, renal nutrition, lupus and water handling. He is a co-investigator in NIDDK funded research project "Novel Paradigm to Improve Inflammatory Burden in ESRD" working closely with School of dental medicine investigators to improve oral health in dialysis patients

### **Anthony Vella, PhD**

**Professor and Chair  
Department of Immunology, School of Medicine  
UConn Health, Farmington, CT**

Dr. Vella received his PhD from Cornell University, Ithaca NY in 1993 and thereafter pursued postdoctoral studies at The National Jewish Center for Immunology Respiratory Medicine, Denver Colorado. The main goal of his research program is to develop carefully controlled methods to stimulate or inhibit T cells to foster beneficial responses in cancer and inflammatory-based diseases. While much of his research has relied on immuno-biological approaches, a recent application has been the use of a liquid-based proteomic strategy to discover molecular mechanisms of cell function and to uncover inflammatory-based biomarkers. Collectively, Dr. Vella's research program has incorporated a number of productive collaborations involving both academia and industry, and is currently funded by the NIH.

### **Joseph Walker Jr., MD**

**Assistant Professor, Department of Orthopedic Surgery  
UConn Musculoskeletal Institute  
University of Connecticut School of Medicine  
263 Farmington Avenue, Farmington, CT**

Dr. Walker has completed his residency in Physical Medicine and Rehabilitation as well as a fellowship in Pain Medicine. He is board certified in the sub-specialty of Pain Medicine, specialty training in medical acupuncture, and treats patients with a wide range of painful conditions. His main area of expertise is non-operative treatment of spinal conditions including, lower back and neck pain. He has special clinical interest in the use of fluoroscopy and other image guided treatment of lower back injuries. He has conducted clinical research during his one year long pain fellowship program culminating in an original research publication and numerous book chapters on specific pain diagnoses and treatment techniques. He has memberships in a number of pain/rehabilitation medicine societies. His research interests focus on the prevention of back via exercise and lifestyle changes as well as the use of local anesthetics for diagnostic and treatment purposes in painful conditions, and he has spoken locally on these issues. He currently sees patients at UConn Health.

### **Priya Bhat**

Priya is a sophomore at the University High School of Science and Engineering, Hartford, CT. She has been studying Kathak from Ms. Rachna Agrawal for past seven years at the Sumbhaav School of Kathak Dance.



**About the Kathak Dance:** The word Kathak is derived from the Sanskrit word *Katha* which means "story", and *Kathakar* means "the one who tells a story". Kathak is one of the eight major forms of Indian Classical Dance. The origin of Kathak is traditionally attributed to the traveling bards of ancient Northern India known as Kathakars or storytellers. Wandering Kathakars communicated stories from the great epics and ancient mythology through dance, songs and music in a manner similar to early Greek theatre. In medieval India, this style of dance became a powerful form of entertainment in the Mogul courts and as a fusion of Indo-Mogal culture, Kathak emerged as a new form of dance. Kathak dancers tell various stories through their hand movements and footwork, but most importantly through their facial expressions.